



10 AM, Saturday, May 5th, 2018 - Riverfront Park, Albany, GA

Discover the beauty of the Flint River trail as you run 3 miles on the single-track trail from Riverfront Park to the Georgia Power Dam boat launch. Kayak Attack will be waiting at the boat launch with your kayak or a rental for you to begin the 1.8 mile kayak back down river to the Riverfront Park. You will exit your kayak with the help of volunteers and head out for a 1 mile run of Loop 1 of the Flint River trail. Participants will finish up near the starting line where they will be given a custom pint and directed up to Pretoria Fields Brewery for a free pint of beer, massages provided by Wil-Power Massage Therapy, taco bar, and some Cinco de Mayo festive music. A portion of the proceeds from this event will support the Chehaw DEVO Youth Mountain Bike Team. For more info, find us on **Facebook @flintriverdual**

Registration (Check one that applies): ****Register online @RacerPal.com**

- \$35 registration with your own kayak
- \$55 registration and kayak rental from Kayak Attack

Participant Information:

Last Name: _____ First Name: _____

Address: _____

Email Address: _____

Phone Number: _____ Age: _____

Emergency Contact Name and Number: _____

T-shirt size: _____ ****T-shirt only guaranteed if registered by Sunday, April 29th****

If mailing entry, please mail to: 3613 Castle Pines Lane, Albany, GA 31721

Waiver/Release:

Please enter me, and the individuals listed as their parent/guardian, as participants in the 2018 Flint River Duathlon. I hereby assume all risks associated with running or walking in this event, including, but not limited to, falls, the effects of weather, traffic, the conditions of the road, and contacts with other participants, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and, in consideration of the acceptance of my entry, I hereby and forever release Flint River Duathlon and Chehaw Cycling, race officials, volunteers and all sponsors, their representatives and successors, from any and all claims or liabilities of any kind arising out of my participation. I grant permission to all the foregoing to use any photographs, motion pictures, recording, or any record of this event for any legitimate purpose.

Signature: _____ Date: _____